

## Historic, archived document

Do not assume content reflects current  
scientific knowledge, policies, or practices.



1.9  
In 3 Hh  
HOUSEKEEPERS' CHAT

Wed., March 21, 1928

NOT FOR PUBLICATION

SUBJECT: "HASTY PUDDINGS FOR BUSY DAYS." All information from Bureau of Home Economics, U. S. Department of Agriculture.

Bulletins available, which contain pudding recipes: "Corn and its uses as Food"; "Rice as Food"; "Food for Young Children".

-ooOoo-

Have you heard about Mary Jane? The little girl who made such a fuss, because she was served plain Rice Pudding, day in and day out? Poor little thing - no wonder she was naughty! Too bad her mother didn't vary the Rice Pudding at least once or twice a week; for instance, she might have added a handful of raisins, on Tuesdays, and a few chopped dates, on Fridays, and on Sundays -- well, on Sundays, she might have served Boiled or Steamed Rice, with sections of juicy peaches, or berries. With cream, of course. I'll wager Mary Jane would have liked that combination!

She'd like Bread Pudding, too, for a change. Even Uncle Ebenezer, who prides himself on having a finicky appetite, likes Bread Pudding, especially when it's spread with a tart jelly, after baking, and covered with a dainty meringue. The first time I made Bread Pudding with Jelly, Uncle Ebenezer didn't even recognize my old standby.

I have two recipes for you this morning, both from the United States Bureau of Home Economics. If you are as busy as I am, during March and April, you'll like these puddings because they are so quickly prepared.

Before I give the pudding recipes, I want to answer a few questions. The question box is very full these days.

Question 1. Here's a listener from North Dakota, asking whether we can tell her how to clean her Axminster living room rug, with soap suds.

Yes, I could tell her how to scrub a rug with soap suds, but I wouldn't advise her to use this method, at home, on a large rug. Not being experienced in rug cleaning, and with no facilities for stretching her rug, and drying it quickly she would run a serious risk of having a streaked, faded, sorry-looking rug in the end. Commercial rug cleaners, however, use modern machines and methods, in their plants, and can oftentimes completely rejuvenate soiled



rugs. I believe it would pay my North Dakota listener to send her Axminster rug to a reliable commercial cleaning establishment. If she has some small rugs that need cleaning, she might practice on those herself. I'll be glad to send her a bulletin from the Bureau of Home Economics, called "Floors and Floor Coverings." She'll find rug cleaning methods given there, and many other useful suggestions for furbishing up the house for spring.

Question 2. Is it possible to make chili sauce with canned tomatoes as well as with fresh ripe tomatoes?

Certainly. Chili sauce may be made from canned tomatoes. Use the recipe given in the cookbook, on page 84, and substitute good quality canned tomatoes, in place of the chopped ripe tomatoes called for.

Third question. Tell me how to use tuna fish in salad.

For use in salad, drain the liquor from canned tuna fish, and break the fish apart into flakes. Mix the fish lightly with chopped raw celery, a few capers or chopped dill pickle, and a small quantity of mayonnaise dressing. Arrange this mixture on lettuce or crisp cabbage leaves, garnish with more mayonnaise, and serve at once.

Question 4 is from a listener who was not successful in home-canning string beans, from her garden last summer. Can you tell me why my beans did not keep, she asks. I packed them cold, and processed them in a water bath.

Yes, I certainly can answer that. String beans and all other non-acid vegetables (that is, practically all kinds of vegetables except tomatoes) should be packed boiling hot, for home canning. Then the containers of hot-packed vegetables should be processed at once under steam pressure, for the length of time recommended in a reliable time-table. Non-acid vegetables are likely to contain bacteria that will not be killed by the water-bath method in home canning. For the water-bath can not produce a temperature higher than 212 degrees Fahrenheit, or that of boiling water. In the steam pressure cooker, temperatures can be made to go much higher than 212 degrees. If you are planning to do home canning this summer, let me send you reliable directions.

This finishes the questions and answers for today. Now for the pudding recipes.

The first recipe is for Spanish Cream. Seven ingredients, for Spanish cream:

1 quart milk	1/4 teaspoon salt
1 tablespoon granulated gelatin	5 eggs
4 tablespoons cold water	1 teaspoon vanilla or
1/2 cup sugar	other flavoring





Let's repeat the seven ingredients for Spanish cream.

Soak the gelatin until soft, in the cold water. Heat the milk in a double boiler, and add to it the sugar and the salt. Beat the egg yolk's and gradually add the hot milk to them. Mix well, pour back into the double boiler, and cook this mixture until it thickens like a soft custard. Remove it from the fire, add the softened gelatin to this hot mixture, stir well, strain, and cool. Meanwhile beat the egg whites until fluffy. Fold them into the custard after it has begun to set, and add a teaspoon of vanilla, or a little almond extract, or any other desired flavoring. Pour into individual molds or a pudding dish wet with cold water, set away to become firm. Serve with cream, or with a sauce of crushed fruit.

The second recipe is for Apple Float. Now that we are down near the bottom of the apple barrel, this a good way to use some of the smaller apples, not perfect enough for baking.

Two ingredients for the Apple Float:

2 cups thick apple-sauce

4 egg whites

Sweeten the apple-sauce to taste while hot, add a little salt, and set away to cool. Beat the egg whites very stiff, and fold the cold apple-sauce into them. If desired add 2 or 3 teaspoons of lemon juice, or sprinkle a little nutmeg or cinnamon on top.

No menu today, but I shall have one for you tomorrow. If you would like more pudding recipes, you might send for the bulletins on "Corn and its uses as Food," "Rice as Food," and "Food for young children." The Radio Cookbook contains some good pudding recipes, too. Better send for your cookbook, before the supply is exhausted.

###  
###

